OCWEEKLY

ROLLING PAPER 420

The Health Issue

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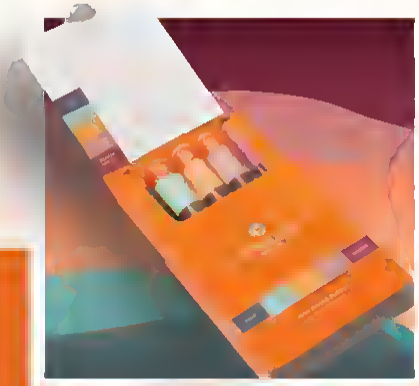
AD ON PAGE 5

CBD
SEPARATING FACT FROM FICTION

CHOOSING THE RIGHT CBD

WELLNESS FOR ANIMALS



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Chris Glew is one of the first litigators in Orange County to focus on Cannabis cases. Awarded Best Cannabis Attorney by OC Weekly, Glew is an author and speaker on all Cannabis related activities. He has appeared on CNN, NBC, ABC, Fox and has co-hosted a radio and internet broadcast on Cannabis. He's also featured writer for many national and local media outlets on regulatory issues for Cannabis.

Glew has a [illegible] numerous clients in Cannabis licensing all over the State of California. Acting as Lead Counsel for the Santa Ana Cannabis Association, he's also the founder of the California Cannabis Bar Association.

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EDITOR'S NOTE

Welcome to *OC Weekly*'s newest edition of *Rolling Paper*, our first dedicated entirely to the health benefits of cannabis. If you are suffering from chronic pain, looking for day-to-day health remedies, or seeking information on products than can assist your furry friend, then this guide is for you. There is a lot of hype about the medicinal benefits of various cannabis and CBD products, and we help you sort fact from fiction, as well as highlight some of the innovative companies on the front lines of the industry's effort to expand.

Speaking as someone who spent the past year overcoming a serious illness and found a variety of cannabis products to be helpful (see Aimee Murillo's fact-based cartoon on page 26), I highly recommend you familiarize yourself with the products within these pages. When it comes to pain, weed works, baby!

—NICK SCHOU

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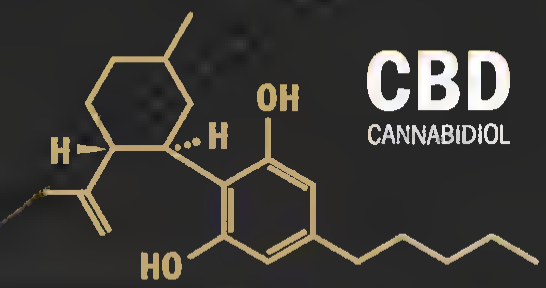
CBD: SEPARATING FACT FROM FICTION

BY JEFFERSON VANBILLIARD



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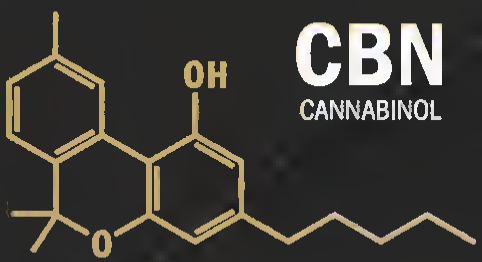

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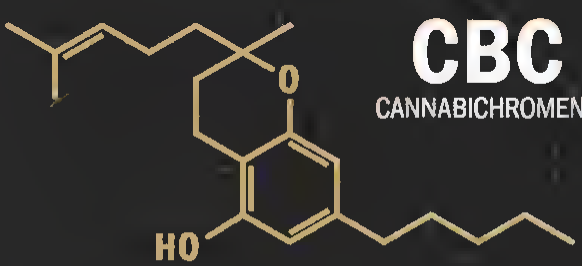

CBC
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According to the 2018 World Health Organization (WHO) report "Expert Committee on Drug Dependence (ECDD)," there is clinical evidence showing CBD could be useful in treating many serious conditions, including cancer, psychosis, and Alzheimer's and Parkinson's diseases. And Americans appear to be listening: As of December 2019, more than 7 percent of the country's adults are reportedly using CBD as a supplement (www.cowen.com/reports/cowen-collective-view-of-cbd/). This number is expected to rise to 12 percent by the end of the year, underscoring the massive green rush we are experiencing.

However, while millions are turning to CBD to combat a multitude of ailments, it appears to be effective for some people and not others. Felix Thoregood, president and co-founder of the La Jolla-based Wholistic Research & Education Foundation, is looking to decipher the how and why behind CBD's seemingly remarkable efficacy for so many serious conditions. With the support of the foundation's Medical Advisory Committee (composed of renowned doctors, scientists, researchers and policy experts), Thoregood is focused on exploring the health benefits of CBD-rich therapeutics through clinical and scientific research, leveraging evidence-based data for education and advocacy.

Wholistic is collaborating with UC San Diego (UCSD) for an exploratory study into whether CBD therapies can reduce behavioral abnormalities in children with autism. The $4.7 million grant for this study represents the largest known private gift to date for medicinal-cannabis research in the United States. The project incorporates clinical, genomic, scientific and advanced mathematical techniques across the same group of patients to offer a systematic and comprehensive assessment. "The expectation is that our efforts are going to not only help with the understanding of how CBD can provide relief from symptoms [associated with autism], but also shed light onto whether CBD may be effective in treating other neuro-developmental diseases," Thoregood says.

Recent discoveries indicate typical neurons are designed for optimized information signaling. One of the key hypotheses in the UCSD study is there is an imbalance of this signaling ratio in people with autism. Given its anti-anxiety properties, CBD may be able to correct this imbalance, possibly providing a mechanistic understanding as to why CBD has the effect it does. "The mechanistic approach is critical," Thoregood says. "Otherwise, we won't be able to truly understand the personalized differences as to why CBD appears to have such varying effects on different individuals."

Another major project funded by Wholistic is currently taking place at the University of Utah, where researchers are investigating the brain effects of cannabinoids. Using advanced imaging and FMRI (a technique that measures brain activity by visualizing blood

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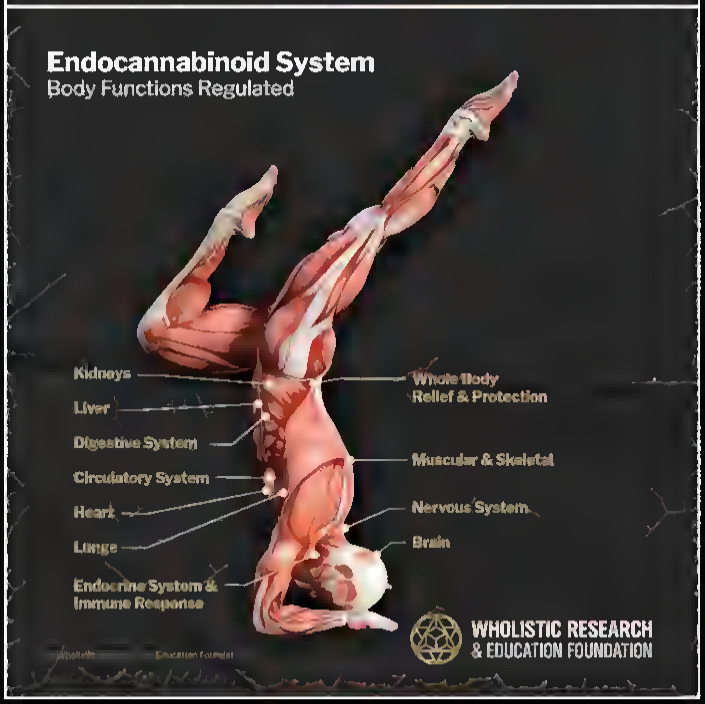
flow within our cerebellum), the researchers hope to gain insights into the personalized effects of CBD and THC at a molecular level. The objective is to understand how cannabinoids influence large-scale brain networks involved in attention, executive function, emotion regulation and cognition, as well as how they have different effects on people. "Individual responses may vary because of the number or location of the cannabinoid receptors a particular person has, or they could be affected by various neuro-inflammatory factors," Thompson explains.

With this level of extensive multidisciplinary research, Whitrick could potentially unlock major breakthroughs in cannabinoid therapy.

CBD is not only used in aiding those with neurological diseases, but also assists those seeking pain relief through a greener approach. Tim Gordon is a 25-year veteran of the hemp movement who also serves as president of the Colorado Hemp Industries Association and the chief science officer for Functional Remedies, a company that manufactures CBD oil from whole-plant hemp to provide relief from pain commonly associated with arthritis and sports-related injuries. He believes that an increasing number of athletes will turn to the benefits of CBD derived from nonpsychoactive hemp in an effort to stay on top of their game.

Three-time PGA winner Scott McCarron swears by Functional Remedies' full-spectrum tinctures to "help my mind stay relaxed and my body feel better so I can play my best."

Gordon warns that as more information regarding CBD's helpful properties come to light, many companies will likely be shut down in the regulatory process. "You're seeing a lot of CBD hype," he says, "which isn't necessarily good for the businesses that are actually working toward changing lives."



A NEW LEEF

LEEF ORGANICS MAKES ITS MARK IN THE CBD WORLD

BY ANGEL GRADY

As society continues to realize marijuana is not just about getting high, several companies have taken holistic approaches to the plant's uses. Among those companies is Leef Organics; its patent-pending methods and the quality of its raw materials make it stand out in the health-and-wellness space of the cannabis industry.

Started as a CBD-dominated brand two years ago, Leef Organics' products are 100 percent organic and non-GMO. According to CMO and co-founder Emily Heitman, the water-based CBD tincture Thrival is the company's "hero product," for which Leef Organics uses a whole-plant, cold-pressed fermentation process; avoiding heat in the extraction prevents the destruction of the plant's nutrients, allowing for the cleanest form of CBD possible.

"We maintain the aqueous nature through and through on our tincture," Heitman says. "We ferment the entire plant, and we've been playing around with date ranges. For example, if we ferment it for two months or two weeks, what does the potency look like? Then we simply cold-press it."

Popular extraction methods only use the parts of the plant companies intend to use, but, according to Heitman, the components interact with one another and the human body more effectively together than they do alone. Leef Organics believes this "tried and true" process is what makes its products above par. "The other thing we're able to do, unlike most brands, is keep and protect the purity of that plant from start to finish, so we don't have to reintroduce terpenes, amino acids and all that later," she says. "The actual compounds in the plant keep with the plant throughout the entire process."

The founders refer to themselves as soil-science nerds and attribute much of their success to the way they grow marijuana: seed to soil to finished product. Heitman compared Leef Organics' method to those used to grow organic fruits and vegetables. "We test the soil monthly because CBD especially can be a great bio accumulator and essentially suck heavy metals out of the earth, so we do soil-science testing," Heitman says. "That allows us to be in know from phenoselection to the plant being grown, we test the potency of the plant, and we see a perfect transgression of that potency from dry materials into our fluids. When we talk about the ratio [CBD: THC], I know what the ratio is going to be prior to manufacturing."

When Leef Organics started, it was with a different foundation than the majority of marijuana companies. Heitman and her partners were actually on a quest to provide healthy alternatives to supplement-filled foods for their dogs, so they began growing and producing their own products. They called the balanced, freshly frozen food made completely from whole, organic ingredients Paleo Paw.

Through their work with Paleo Paw, they gained a better understanding of nutrition and wellness, Heitman says. When the cannabis movement erupted, one of Heitman's partners, Micah Anderson, suggested they take their knowledge and move into the human realm. Leef Organics' first product was Revive, a CBD salve on which the company spent six months in research and development to ensure patients would get the desired results. "The key differentiating factor comes by way of our CBD products," Heitman says. "We grow superior CBD plants and, of course, have a superior refinement method, unlike most products on the market."

Next to join the company's lineup was Nooks & Crannies, a CBD-infused soap loaded with premium botanicals, then Recover, a roll-on equipped with cold-pressed CBD and blended with wild crafted herbs that aids in relieving muscle and joint pain.

Taking the easy route is something Leef Organics seems to avoid. The company obtains unneeded licensing and conducts unrequired testing, so it can be a truly trusted cannabis brand.

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BETTER ASK GLEW:

CBD AND THE LAW

ORANGE COUNTY'S TOP CANNABIS ATTORNEY AND EXPERT CHRIS GLEW WEIGHS IN

BY NICK SCHOU

OC WEEKLY: *What the heck is going on with CBD in California's cannabis industry? You have over-the-counter pills for anxious dogs being sold by pet groomers, CBD joints being marketed by dispensaries to people who don't want to get too high too quickly, and more*

CHRISTOPHER GLEW: It's been such a state of confusion. I have found probably 20 peer-published articles that have such blatantly wrong information about CBD to the point they were grossly negligent. People in the industry are getting really bad advice, just like in the old days when people thought that if you used the word *donation*, it was okay [to trade for marijuana products], but then folks would end up in court. I used to argue in court all the time that there is so much information out there and that people are assuming things, plus there is a confusion in the enforcement.

So where is the law on all this?

The much-vaunted 2018 U.S. farm bill was supposed to be a big, sweeping reform to legalize all CBD, supposedly, you'd be able to put it in your coffee or spray it on your face, and nobody needs a license. And nothing can be further from the truth. The restrictions on cannabis are enormous. In fact, according to section 10113 of the farm bill, you have to have a product that tests at 0.3 percent or less of THC for it to qualify as CBD hemp. It has to

start and finish at every point in between at 0.3 percent or less because, at any point in that process, if you go beyond that, it won't work. The reality is it is very hard to challenge that. The DEA sent out a white paper saying, "Hey, there is a lot of talk about CBD, and we just want to remind everybody that we still treat it as a schedule one substance."

Oy vey

Seriously. Some attorneys were saying, "See, this is why it will always be illegal," and others were on the opposite side, but very smart attorneys sat in the middle, thinking, "What the fuck? It's more gray than ever." Most law-enforcement agencies were saying, "We are not suckers," and they may not have the tools or popular support to fight this, but they know there is no possible way all you people are creating all these products and compounds that go into your finished product—say, a water or vaporizer—without something being in the mix that violates the law. So the feds are saying, "Just understand that we know we are not stupid. If we decide to prosecute, don't complain to us."

Okay, so at least folks who are paying attention know what the government's expectation on testing is, despite the severe restrictions?

» CONTINUED ON PAGE 20

Yep. So the main thing is that 0.3 percent THC or lower is your baseline rule. Under section 12619 of the farm bill, hemp-derived products are removed from schedule one status under the Controlled Substances Act. However, CBD was not legal. As a part of the farm bill, they said [the feds] won't be the singular regulatory agency for hemp and cannabis, but they actually require each state's Department of Agriculture to consult with each respective governor to come up with a plan to submit to the USDA to find an individual plan for each state. California might say, "We want to formulate a strategy to regulate hemp," and the attorneys spend a zillion hours and get paid millions of dollars to find a system for California—and on down the line. Each state will have its own system.

Sounds like a cash cow for attorneys and government agencies.

Indeed. So, will it be legal for state-to-state shipment for hemp and CBD? Yes, but we are still at the infant stages of each state coming up with its own regulatory framework. If the state refuses to, the feds will come in and figure out everything from the labor force to testing. None of that is really grinding out. Basically, you can't grow lettuce the same way you grow hemp, you still have to follow a regulatory setting that hasn't been fully articulated here in California.

So what are the basic ground rules now?

Essentially, you can use industrial hemp-derived CBD because it is not THC, and therefore it's regulated by other agencies. But you can't use it in any food product because . . . any article used or intended for use as food or drink, confection, or chewing gum by man or animal—that means CBD pills for pets or whatever—all of those products are going to be regulated through the California Department of Public Health. Their definition is that if you are going to put CBD into a food product, you can do it, but you have to go through clinical trials, and now it is regulated more than any other food additive. CBD can be derived from hemp and cannabis. If, and only if, you are claiming the industrial-hemp application can you be outside the scope of the regulation but still in the scope of the Department of Food and Agriculture because you are putting it in a food product.

That is incredibly complicated.

But wait—there's more! If all of your labelling talks about hemp and derived from hemp and is a lotion or massage oil, now you've got a good argument you can sell over the counter. I think the feds and California and everybody would sign off on that product and say you are good. You can sell your massage oil and call it hemp. But here's the weird part: How in god's name could they ever pull back the reins on this?

Yeah, it seems like all these regulations are being drawn up a bit late in the game here, no?

Exactly. For so long, there was zero enforcement, and for the past three and a half years, CBD has exploded in popularity—it has exploded into the mainstream. It is everywhere now: Mother's Market, 7-Eleven, you name it. The regulatory agencies, via lack of knowledge or desire, have been passively watching it all go on. So they reacted in legislation like the farm bill, but they have done nothing to rein it in. They pulled a few products off the shelf, and that locally impacts some shop in, say, Lake Forest, but meanwhile, for every one of those they shut down, there are how many more right next door?

Reminds me of the glory days, when California first legalized marijuana and everything turned into a huge mess.

It's exactly the same narrative. Everywhere you go, you are bombarded with CBD. I was at the gym yesterday, and there was a truck full of CBD, and as I am walking in, a girl is passing out fliers for 20 percent off CBD products at some grocery store, and right in front of the gym is a popup tent with a person talking about CBD goods. Everywhere you go is CBD. It's going so fast and furious that nothing is stopping the momentum, the regulation is 10 years behind the industry.

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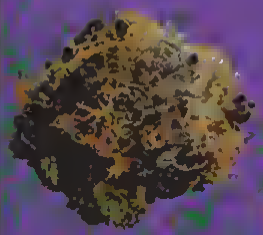

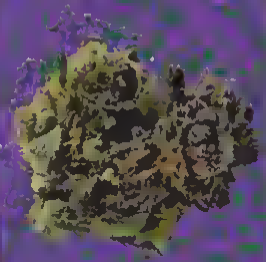

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The war on drugs affects not only people primarily from low-income or disenfranchised communities, but also our closest companions. Veterinary clinics throughout the U.S. are facing significant shortages in opioids after the DEA's 25 percent decrease in the production of schedule two medications in 2017 and another 20 percent reduction in 2018.

One solution to the current shortage of life-saving drugs for our pets is all-natural, safe and effective at relieving pain, anxiety and eating issues without any of the dangerous side effects synthetic drugs may cause. Although the use of hemp as a medicinal tool dates back to the beginning of trade between Africa and Europe by way of China, we still don't fully understand the scope of its healing abilities.

There are products designed specifically for your pet that are derived from hemp, not THC, which contains psychoactive elements that will do more harm than good. It's important to do your research before dosing your feline friend. While there are a lot of products on the market with nice packaging or clever marketing, you should first consult with a veterinarian about what's right for your pet.

Ian Quinn, CEO of Pbyto Animal Health, warns against not having that discussion. "If people don't have the ability to ask their veterinarian about CBD, you know where they'll go?" he asks. "Dr. Google, and he might not have the right answers." Some edibles may contain harmful substances such as xylitol, cashews, raisins and trace amounts of THC, which are fine for humans but spell disaster for Fido.

Quinn has been in the animal-health industry for more than a decade. After experiencing a traumatic brain injury, Quinn and his companion animal Dante began working with Veterans First in Orange County teaching cognitive behavioral therapy and anger management to veterans facing problems stemming from their time while deployed. Quinn noticed firsthand the benefits CBD had in treating nerve damage and PTSD.

Unfortunately, Dante suffered from some of the same problems as the veterans, including hip displacement, appetite suppression and separation anxiety. Any trip away from Dante meant Quinn would return to a house that had been ransacked or a crate that had been chewed through, harming his teeth on solid steel. Without other options, Quinn turned to CBD for relief for his canine companion. "From that necessity, I founded my parent company, Medical Marijuana Inc., in my back yard in San Diego," he says. "I played with some recipes and developed our best-selling edible product for dogs. The Hemp Bone Bacon Apple Donut was effective at treating Dante almost immediately. Within three or four days, Dante was able to make it up the stairs and eat on his own, and whenever I returned home, Dante was napping peacefully. It was a complete transformation."

The 4 milligram dose of CBD in each chew promotes overall wellness in your pet, as well as improvements in cardiovascular functions, neurological health and emotional behavior. "Without this, Dante wouldn't be Dante," Quinn says.

When asked about hospitals that ban the use of CBD and prohibit doctors from informing patients of its possible medical benefits, he laments, "It's unethical to leave an animal suffering, and you can't just put an animal down because it's in pain. When you force a veterinarian to put down an animal that could otherwise be helped by CBD, you're putting that doctor in a situation they didn't sign up for."

So before you put down Old Yeller, or decide that maybe some healing crystals might help Sprinkles with her anxiety, find a vet who's willing to speak to you about CBD as an alternative to dosing your loved one with opiates.

QUINN (RIGHT) WITH DANTE

A SHINGLES HORROR STORY

STORY BY:
NICK SCHOU

ART BY:
AIMEE MURILLO

THE FIRST SIGN OF SOMETHING SERIOUSLY WRONG WAS THE SMALL BLISTER THAT APPEARED ON MY FOREHEAD WITH TERRIBLE TIMING...
...JUST HOURS BEFORE MY WIFE'S FUNDRAISING EVENT, WHERE I HAD TO SHAKE HANDS WITH QUEENS OF PEOPLE.
OVER THE COURSE OF THE EVENING IT KEPT GETTING BIGGER AND MORE PEOPLE ASKED ME ABOUT IT.
MY HEAD HAD BEEN MYSTERIOUSLY STINGING FOR A WEEK BUT AFTER I GOT HOME AND LOOKED IN THE MIRROR I THOUGHT I MUST HAVE SKIN CANCER OR SOMETHING
I PUT NEOSPORIN ON MY FOREHEAD AND WENT TO BED.
WHEN I WOKE UP, MY ENTIRE FOREHEAD WAS BLISTERED UP AND I WAS EXPERIENCING WHAT COULD WILDLY BE CALLED THE WORST PAIN OF MY LIFE.
WHEN I WENT TO THE EMERGENCY ROOM THE NEXT DAY, THE DOCTOR ASKED ME IF I EVER HAD CHICKEN POX AS A KID (I DIDN'T THINK SO) AND SAID IT WAS LIKELY THE SHINGLES VIRUS.
WHAT THE DOCTOR DIDN'T TELL ME WAS THAT OTHER THAN TAKING AN ANTIVIRAL AND WAITING OUT THE PAIN, THERE IS JACK SHIT TRADITIONAL MEDICINE CAN DO FOR YOU.
MEANWHILE, MY HEAD FELT LIKE IT WAS IN THE GRIP OF A SABER-TOOTH TIGER AND MY EYE WAS SWOLLEN SHUT.
I STARTED TREATING THE SHINGLES VIRUS WITH THC AND CBD PRODUCTS.
BLUE EMU SYNERGY
AT FIRST I TRIED A BLUE EMU UNWIND BY KING HARVEST WELLNESS, BUT MY BLISTERS WERE STILL TOO SEVERE FOR THAT.
UPLIFT SATIVA
SO I WENT WITH KING HARVEST'S UPLIFT SATIVA TINCTURE. A FEW DROPS UNDER THE TONGUE OR IN A CUP OF COFFEE MADE ME FEEL ALERT WITHOUT TOO MUCH OF A CAFFEINE EDGE.
WHEN YOU HAVE SHINGLES ALL YOU DO IS SLEEP, SO EVERY NIGHT I'D ARM MYSELF A FEW HITS OF A STUFF OF A VARIETY OF INDICA STRAINS PURCHASED AT A SANTA ANA DISPENSARY.
NOTHING LIKE A NICE PURE INDICA TO KNOCK YOU THE FUCK OUT.
IT'S BEEN A YEAR NOW, AND THE BLISTERS ARE LONG GONE, BUT THE POST-SHINGLES NEUROPATHY IS STILL THERE, A LIVE WIRE LEADING FROM THE BASE OF MY NECK TO MY LEFT EYEBROW.
I'M STILL TAKING NERVE MEDICATION TO PREVENT THE NERVE FROM SPARKING TOO MUCH, BUT ALSO CONTINUE TO TREAT THE PAIN WITH THC AND CBD.
THE BLUE EMU I SAVED COMES IN HANDY AS A CBD OINTMENT. YOU CAN ROLL ON LIKE SEN GAI— THE PROBLEM IS THAT IT SMELLS LIKE SEN GAI.
BUT THAT'S EVERYONE ELSE IN MY OFFICE'S PROBLEM, NOT MINE!
SNIFF
SNIFF
END

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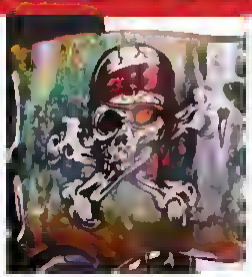

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CHOOSING THE RIGHT CBD

BY JEFFERSON VANBILLIARD

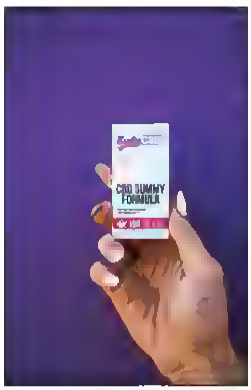
Once you choose to include CBD in your health-and-wellness regimen, how do you know which products can you trust? Here's a guide to some of our favorites on the market right now and where to find them.

PURE HEMP CBD SPRAY

If stress is keeping you from winding down properly, then Pure Hemp's CBD spray is the easiest way to restore your body's natural balance. The potent blend of mint, botanical extracts and hemp-derived CBD tackles insomnia and ensures you fall asleep quickly—and stay that way until morning. Among each 60 milligrams dose, there are no additives, harsh chemicals or gimmicks. *Available via PureHempShop.com.*

SELECT CBD PEN

State-of-the-art technology and hemp-derived CBD from a name you trust. Select's newest offering helps you sharpen your wits, maintain focus, and reset your inner clock before stress and fatigue ruin your day. The half-gram pen is ideal for discreet use, and its nonslip finish is sleek enough to fit in your pocket, purse or maybe one of those fanny packs all the kids are wearing these days. Grab multiples of these aqua-colored gems—you'll thank us later. *Available at MedMen, 2141 S. Wright St., Santa Ana, (714) 515-8506, medmen.com; also at Bud & Bloom, 1327 E. St. Gertrude Place, Santa Ana, (714) 576-2150, www.budandbloomoc.com.*



KUSHY PUNCH CBD

Looking to regulate pain, anxiety, memory or stress? How about appetite loss or sleeplessness? The list of ailments CBD is known to help alleviate is longer than pharmaceutical companies would care to admit, and Kushy Punch aims to make sure your medicine is as delicious as possible. Each 100 milligram gummy of whole-plant-derived, nonpsychoactive CBD is convenient to take with you anywhere. When it comes to relaxing, let Kushy Punch do the heavy lifting. *Available at Evergreen, 1320 E. Edinger Ave., Santa Ana, (714) 486-1806*

PHYTO HEALTH HEMP BONE BACON APPLE DONUTS

Animal wellness isn't something Ian Quinn takes lightly. That's why his company's Hemp Bone Donut is 100 percent natural and safe for your animal to consume daily. Not only is each 4 milligram CBD chew free of corn, wheat and soy, but also each bag is lab-tested, triple-checked and recommended by some of today's most trusted veterinarians. *Available online at PhytoAnimalHealth.com.*

SPRIG CBD-INFUSED BEVERAGES

In the media, cannabis-infused drinks are often portrayed the same as beer and liquor. And most of the time, the health benefits are completely overlooked. Sprig wants to change that with its cannabis-free sparkling beverages. With 20 milligrams of lab-tested CBD and zero sugar, you can drink Sprig guilt-free, knowing that relaxation is just around the corner. *Available at Blüm, 2911 Tech Center Dr., Santa Ana, (949) 238-4203; www.letsblum.com*

ENJOYABLE TINCTURE 1:1 THC:CBD

We know this is supposed to be all about CBD, but we must add this delightfully intoxicating tincture to the list of products. Enjoyable's equal ratio of CBD and THC blends together to support the "entourage effect," meaning your high will be a little more than out of this world—plus, it tastes like coconut. For anyone suffering from pain and looking to escape into a deep slumber, this is your ticket. *Available via the Secret Nug Exchange, (714) 420-6133*

GRANDDADDY QUIN 1:1 CBD THC

Claybourne Co.'s flowers are grown indoors, meticulously trimmed, and contain zero additives or harmful pesticides. The bright, berry-scented clusters provide a full spectrum of terpenes, as well as an uplifting high that's perfect for the daytime, nighttime and all the times in between. *Available at Haven, 1625 E. St. Gertrude Place, Santa Ana, (949) 565-4769, myhavenstores.com*

BEST OF TOKE

BY JEFFERSON VANBILLIARD

Collected below are some of our favorite CBD products, all of which we've featured in our Toke of the Week column, available via *OC Weekly* and on potplus.com. This list basically reads like the lineup for the Chicago Bulls in 1996, minus the gambling addiction and Dennis Rodman's hair. Happy smoking!

BAKKED HYBRID DABARATUS

Americans like convenience, as evidenced by drive-thru windows, to-go food and sweatpants that resemble jeans. That's why it doesn't surprise me that concentrates account for more than half of all cannabis sales in California. They're easy, quick and get you baked in about a third of the time it takes to roll a proper joint. In keeping with that theme is a product that has changed how we dab forever (probably). The Dabaratus from Bakked Hybrid is just a syringe in the same sense that a Ferrari is just a car. One click on the syringe's heat-resistant, metal tip, and you'll be transported from whatever boring activity life has planned for you to a world that's slightly easier to manage. Each 1-gram applicator is lab-tested at 90 percent THC and comes in a number of strains and flavors, including CBD varieties for patients looking for relief without the euphoric effects. *Available at Orange County Cannabis Club, 3122 Halladay St., Santa Ana, (714) 754-1348.*

BLOOM FARMS CBD TINCTURE

Ethically grown with ecologically sound biodynamic agriculture, Bloom Farms CBD tinctures come from hemp grown in ultra-clean, healthy soil. The strains have been bred for low THC (less than 0.3 percent) for more than a decade, and the company's unique extraction techniques ensure you are getting the highest-quality product at a very reasonable price. Each tincture is meticulously lab-tested for safety and consistency. This commitment to social responsibility extends to Bloom Farms' one-for-one program: For every purchase of a CBD product, the company donates a healthy meal to a food-insecure individual or family. *Available at MedMen, 2141 S. Wright St., Santa Ana, (714) 515-8508, medmen.com; also at Blüm, 2911 Tech Center Dr., Santa Ana, (949) 238-4203; www.letsblum.com; and Bud and Bloom, 1327 E. St. Gertrude Place, Santa Ana, (714) 576-2150; budandbloomoc.com.*

LEEF ORGANICS CBD SOAP

This soap changed my life forever. Leef Organics' line of Nooks + Crannies beauty bars come packed with premium beneficial botanicals and medicated CBD, and they're gentle enough to wash away dirt without harming the largest organ in your body. Sufferers of dry skin commonly associated with eczema will appreciate the lasting effect on their body without the use of any harmful chemicals or oils that leave you feeling less than beautiful. Make Leef Organics part of your beauty regimen! *Available at Mr. Nice Guy OC, 730 E. Dyer Rd., Santa Ana, (714) 477-6892.*

CANNA HEMP CBD SAUCE

Each dab of Canna Hemp's sauce contains 99 percent pure CBD extract and is THC-free. Derived from organically cultivated hemp, you can expect to think you just won the lottery when medicating with this butane-free sauce. It's ideal for use with a wax vaporizer or dab rig, and the taste is pure sunshine mixed with a hint of spice that will have you feeling nice in no time. *Available at Haven, 1625 E. St. Gertrude Place, Santa Ana, (949) 565-4769.*

KIKOKO TEAS

These organically grown, pesticide-free teas are precision-dosed, and of all the products Kikoko offers, our favorite has to be the Sensuali-tea, which is brewed with cardamom and hibiscus and rose petals. A delicious combination of lavender, licorice root and orange peel adds balance, while the low amount of THC paired with a small dose of CBD assists your brain in sending signals to your bathing-suit area that it's go time. Though the science behind sexual arousal and cannabis is complex and still being researched, this much I know: The devil's lettuce makes time spent with that special someone—or alone—a lot better. After a few sips of Kikokos' magical elixir, you'll be ready for whatever your day or night has in store. *Available at Evergreen, 1320 E. Edinger Ave., Santa Ana, (714) 486-1806.*

Josh D

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